

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/index.htm>

Subscribe to this publication
by visiting our web site.
Click on "Friday Facts"

Friday FACTS

12 April 2002

"Leadership, Partnership, and Championship"

April is Soy foods Month

April is Soy Foods Month, making it an excellent time to try including more soy in your diet. The Food and Drug Administration has authorized the use of health claims about the role of soy protein in reducing the risk of Coronary Heart Disease (CHD) on labeling of foods containing soy protein. This is based on the FDA's conclusion that these foods, when included in a diet low in saturated fat and cholesterol, may reduce the risk of CHD by lowering blood cholesterol levels.

Follow these links to tips and recipes to help you ENJOY SOY!

[Http://www.soycooking.com](http://www.soycooking.com)

[Http://www.soyfoods.com/recipes](http://www.soyfoods.com/recipes)

[Http://www.aq.uiuc.edu/~stratsoy/new/indexes/Nutrition.html#NutritionRecipes](http://www.aq.uiuc.edu/~stratsoy/new/indexes/Nutrition.html#NutritionRecipes)

[Http://www.soyfoods.com/SimplySoy/index.html](http://www.soyfoods.com/SimplySoy/index.html)

The 5th Annual Army Force Health Protection Conference & 2nd Annual DOD Population Health & Health Promotion Conference

Call for Posters. The 5th Annual Force Health Protection Conference and 2nd Annual DOD Population Health and Health Promotion Conference provide military and civilian members of the force health protection community with the opportunity to share their experiences, ideas and research with others. In addition to platform presentations, short courses, meetings and exhibits, conference participants may view posters prepared by their peers.

Subject areas for posters include, but are not limited to the following: readiness, occupational health, industrial hygiene, deployment, fitness, health promotion, nutrition, behavioral health, dental health, injury prevention, veterinary medicine, research and development, environmental issues, preventive medicine, and health care. Abstracts are due by **1 May 2002**. For additional information visit <http://chppm-www.apgea.army.mil/fhp/Poster.asp>

The final scores are in for the Crews into Shape Challenge

Congratulations go to the top 4 teams for including more fruits and vegetables, exercise, drinking water, and losing weight! Winners are:

First Place: Four Eyes from Charleston, SC

Second Place: Charlie and the Angels from NAS Jacksonville, FL

Third Place: Dam Neck Dental Dynamos from Dam Neck Dental, Virginia Beach, VA

Forth Place: Diversified Anti-Oxidants from Charleston

286 individuals on 42 teams completed the challenge.

At the end of the 4 week challenge approximately:

531 pounds were lost

18,005 servings of fruits and vegetables were eaten

1,629 hours of exercise were completed

1,828 gallons or 233,948 oz of water were consumed

Everyone did great this year! Twice as many fruits and vegetables were eaten compared to last year's totals. You weren't kidding when you thought you drank alot of water!

This year, three times more water was consumed compared to last. Now your challenge is to

maintain these great new behaviors! Thanks to all the team leaders for all their encouragement and hard work.



I don't know the key to success, but I do know that the key to failure- try to please everyone all the time.

-Bill Cosby